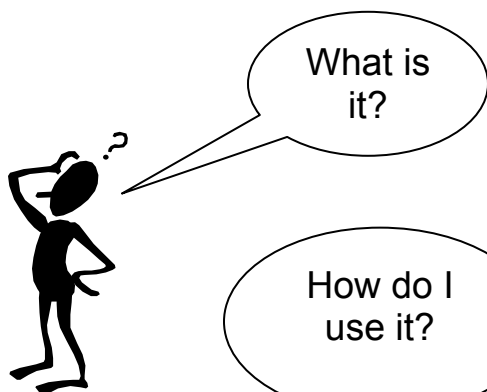


# Healthy Schools in Washington Website



[www.HealthySchoolsWa.org](http://www.HealthySchoolsWa.org)

provides resources tailored for educators, administrators, policy makers, students and parents who are working to make it easier for students to choose health-promoting foods, be physically active, and be ready to learn at school!



Follow these four steps in sequence to help guide your efforts:

## Step 1- Understand the Problem

*Under Background Materials:*

- Find links to data on nutrition and physical activity behaviors, the obesity epidemic, and others

*Under Assessment and Action Tools:*

- Find fact sheets on nutrition, physical activity, and academic achievement

*Under Assessment and Action Tools:*

- Find information about the School Health Index (SHI) and how you can use SHI and other tools to learn more about your school's nutrition and physical activity environments and policies

## Step 2- Assess your Own School

*Under Assessment and Action Tools:*

- Find guidelines, tools, and examples, like the **WA State Nutrition and Physical Activity Plan**, that you can use to improve the school nutrition and physical activity environment

## Step 3- Plan for Change

*Under Background Materials and Assessment and Action Tools:*

- Find model nutrition and physical activity policies, legislation, and examples of how other groups and communities are improving the school environment
- Find links to professional and community organizations

## Step 4- Find Resources to Make Changes